SANDOW'S MAGAZINE

VOL. XV (New Series). SEPT. 28, 1905 No. 117

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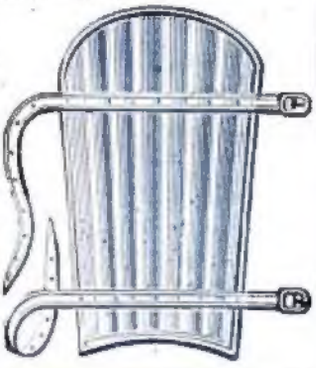

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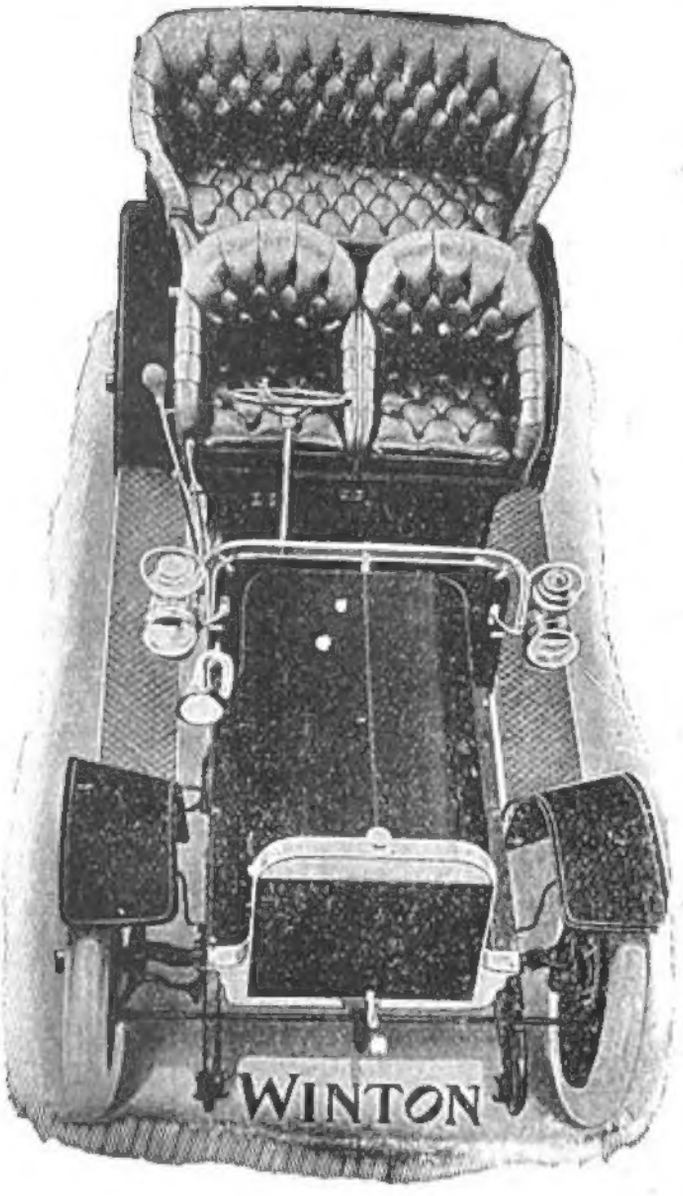

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Vol. XV. (New Series). SEPTEMBER 28TH, 1905. No. 117.

My Last Tour—Some Impressions.

By EUGEN SANDOW.

AT last, after 18 months of travel over thousands and thousands of miles, I am back amongst those who, during the last ten years, have accorded me their hearty support in the great cause of reclaiming the physical degenerate of the British race; but whilst I have been so long separated from my original adherents, my thoughts have always been with them, and I return full of vigour and prepared to do my utmost in continuance of the work which, as all know, I have set my heart on accomplishing. It is because I feel that apart from creed or colour the constituents of the great British Empire must be classed as one, that I felt it incumbent upon me at times to leave the field of my early labours and seek fresh fields to conquer in his Majesty's Colonies. With this object in view, I have already toured South Africa, Australia, and New Zealand, but whilst the success of my mission in these places was indebted from a physical culture point of view, I hardly think they can be compared with the results of this my latest, and I think my last (for some time at any rate) journey from these shores in aid of our great cause.

Since my return a fortnight since, I have, of course, had to express my views at the request of interviewers, and you

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will have, no doubt, read my impressions elsewhere, but still a few points in connection with the tour may not be out of place.

For the purpose of my entertainment and lectures I had a great tent built, which I carried about with me. It held 6,000 people, and several times at Calcutta and other Indian towns an equal number was turned from the doors.

One of my objects was to study the methods of physical culture adopted by different races, but I did not see much which commended itself to me. Another, and perhaps my greatest, object was to prove that my own methods of physical training are equally applicable to all nations on earth.

This I consider I have done effectually. I have chosen and brought back with me a native of every country I have visited. There are thirty-two in all, including Chinese, Hindus, Kaffirs, and natives of the Punjaub, and these arrived at Southampton this week.

The men chosen were in the majority of cases weaklings, and some of these very poor specimens indeed. They travelled with me, and I trained them as we went. At every entertainment I delivered a lecture upon the scientific development of the body, and the natives, stripped to the waist, formed fitting illustrations, representing as they did all grades of physical culture.

These men are, of course, not uniformly developed, as they have not all been with me for the same period. I am, however, certain that the weakest of them is now a stronger and more perfectly formed man than the majority of trained athletes.

Several of them are marvellous wrestlers. I have not come back to England to run my natives as professional strong men or wrestlers, but I honestly consider that one of them, a native of India, named Harichund, could beat any wrestler in the world at his own style of catch-as-catch-can.

The medical part of my mission has occupied a very great part of my time. Besides attending to my correspondence with patients in England, which occupied a staff of six clerks, I have carried with me, as it were, a travelling hospital. Patients have come to me at different places, anxious to be made well.

One of my most interesting cases, and one which I consider my best in results, was that of a wealthy Parsee contractor, named Dhunjibhay Bomanji.

When he first came to me he was suffering terribly from elephantiasis. He was only about thirty-five, but had suffered from this dreadful disease for eighteen years. He had undergone an operation in London, and had consulted specialists in most European countries, but had grown steadily worse. After an examination I undertook to cure him if he would follow my directions.

At the end of six months he was cured. He was, however, so anxious to have me near him to watch his case, that he offered me £10,000 a year for three years to stay with him. This offer I refused, for I had the big work of my National Institute to undertake. Reference to this matter you will find on another page.

I should like to take this opportunity of thanking most sincerely my innumerable supporters who gave me such a royal welcome on the occasion of my return, both at Dover and Charing Cross. Believe me, it will ever live in my memory as a stirring proof that, as I have so often insisted, the cause of physical culture is a national one, and one which is bound to become a power in the land.

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Hints on Club Swinging.

By TOM BURROWS

(Champion of the World).

Edited by F. NEVILLE PIGGOTT.

Cinematograph photographs specially for this series by R. W. Paul, 68 High Holborn, W.C.

VII.

IN plate No. XXV we have a very effective "roll" with four clubs, which requires considerable practice to accomplish neatly. You commence with the right hand clubs over the left until they are in the position shown in No. 4, after which you let the clubs form an outward front glide.

Yet another example of four-club swinging is shown in Plate XXVI. This one is a front thigh "roll." To accomplish it you commence with an inward front combination, bringing the clubs into position illustrated; at the same time bend the knee and roll the clubs over, and as the position opens out, lower the foot steadily to the floor.

Plate XXVII describes what I term a "parallel bunch combination," also with four clubs. In order that you may be confident of your ability to keep the clubs bunched together, it would be as well to practice gripping the two clubs in either hand, until you are able to change them from the position shown in Figure 4, Plate XVI, to the one illustrated in Figure 4, Plate XXVII. When you are capable of doing this you will be able to make your changes much quicker, and so increase the effectiveness of the movement.

Still explaining four-club swinging, Plate No. XXVIII shows the combination of the parallel bunch combination given in the previous plate. It is quite unnecessary to explain further the method of accomplishing this movement, as the photographs so plainly show the exact position which should be attained throughout every phase of the movement.

We now come back to the depicting of a set position, in order that my readers may become acquainted with some of the very necessary positions for accurate club-swinging. In Plate XXIX we have a position for the cross glide and roll. Until you are complete master of the glides and rolls you will find it quite impossible to work three or four clubs, or, indeed, two properly. The position of the arms and hands in the accompanying plate will give you a correct idea of how to make the glides, and if you take the trouble to take the movements correct and neat, you will find that they look much more effective than a "snake" movement.

(To be continued.)

PLATE No. XXV.

Photo. *R. W. Paul.*

A FOUR-CLUB ROLL.

PLATE No. XXVI.

Photo. *R. W. Paul.*

A THIGH ROLL WITH FOUR CLUBS.

PLATE No. XXVII.

Photo. *R. W. Paul.*

PARALLEL BUNCH COMBINATION WITH FOUR CLUBS

PLATE No. XXVIII.

Photo. *R. W. Paul.*

CONTINUATION OF THE PARALLEL BUNCH COMBINATION.

It is Mr. Burrows' intention, providing sufficient promises are forthcoming from subscribers, to publish the series of articles in book form at the popular price of 6d., and he would be pleased to receive the names and addresses of would-be subscribers as early as possible. They may be sent to the offices of the Magazine, 131, Temple Chambers, E.C.

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Owing to an unfortunate fire in the Editorial Department, the list of several who have expressed their desire to become subscribers has been lost. If their names do not appear in the above list, will they kindly make fresh application at the offices of the Magazine?

PLATE No XXIX.

Photo. *R. W. Paul.*

THE CROSS GLIDE AND ROLL.

The Return of Mr. Sandow.

ENTHUSIASTIC WELCOME.

* * *

WE have on previous occasions in these pages had to record enthusiastic greetings to the master of Physical Culture on his return from his mission in far-away lands, but probably none of them approached in enthusiasm and warmth the welcome that was accorded Mr. and Mrs. Sandow on the 18th inst. upon his return from an 18 months' tour, during which he has visited India, Java, Japan, etc., to resume his campaign of these shores on an even more extended scale than heretofore. Indeed, after what is to be his farewell tour in this country, it is his intention to confine himself and his interests solely to the development of a great Institute which he will shortly inaugurate to be known as "The National Institute of Physical Culture." Mr. Sandow is doing this in spite of many tempting offers to return to foreign parts, but he prefers to remain amongst those who for many years he has been teaching the cult of the body on scientific lines, and continue his crusade against that physical deterioration which is sapping the strength of the nation.

Naturally, during such an extensive tour, Mr. Sandow's experiences were many, and, in some instances, unique. Of these we had best let him speak for himself, and his impressions will be found in his usual weekly article.

Amongst the first to welcome Mr. Sandow back to these shores were a number of enthusiasts, who travelled by special train to Dover, and at the Admiralty Pier were joined by crowds of townspeople, whilst a formal welcome was accorded the great man by the Dover Corporation. Upon arriving at Charing Cross the news of his home-coming caused a tremendous crowd to foregather, the approaches to the arrival platform and the platform itself being packed with a great throng of spectators, waiting to cheer and encourage Mr. Sandow and his great work. As soon as the special train conveying the party drew up in the station there was a wild rush to the carriage containing Mr. and Mrs. Sandow, and two or three handsome bouquets which were to be presented to the latter, suffered severely in the *melée*, so much so, that they literally stepped from the carriage into, their motor car on a carpet of flowers. After a few brief words of welcome, Mr. and Mrs. Sandow rode out of the station amid loud cheers from hundreds of folks, and a welcome fit for a king terminated.

With regard to the arrangements for the new Institute, they are not at present completed. It is, however, definitely settled that it will occupy a central position in the Metropolis, and will attack the question of Physical Culture on a scale that has never before been attempted.

Mr. Sandow has now practically said good-bye to the show part of his career, and in his own words: "I do not consider it necessary again to defend the title which has been given me of the strongest man in the world; I have done all that, and I now intend to devote my life to teaching everyone how to be as strong as myself, and stronger."

* * *

The *Daily News*, referring to the event, says:—

"The return of Eugen Sandow after his eighteen months' tour was made the occasion of an enthusiastic demonstration by the devotees of Physical Culture. A large party travelled down from Charing Cross to Dover by special train, and as the ship *Le Nord* approached the pier the town band played "See, the Conquering Hero Comes," the crowd cheered, and Sandow stood on the deck with his charming wife, who has accompanied him round the world, and bowed his acknowledgments. He was dressed in a black frock coat, with buttonhole of embossed heather, dark silk waistcoat in black and red, and grey trousers, his fair hair curling under the broad brims of a Trilby hat of black felt. When the steamer came alongside there was a wild rush of railway men, Customs officers, interpreters, and travellers to see the hero of the hour, who was welcomed back to England by Councillor Wright, on behalf of the Mayor and Corporation of Dover.

"After embracing their pretty little nine-year-old girl, who inquired whether her father had brought any nigger boys for her to play with, Mr. and Mrs. Sandow were conducted to the town end of the pier, where big crowds cheered and a number of young ladies—superb picturesque figures, students of the new physical training—presented great basket bouquets of chrysanthemums, white and brown and gold, roses, carnations, and lilies of the valley.

"Then Mr. and Mrs. Sandow entered the special train with the party of welcome and were whirled off to London.

SANDOW NOT A SHOWMAN.

"It is idle at this time of day to treat Eugen Sandow as a showman. From the day, not many years ago, when, as a mere stripling he came into sudden fame by challenging the giant Samson, and showing how piles of mere human beef availed nothing against a scientifically developed muscular system, Sandow has consistently pursued his great idea of teaching the foundations of true physical health.

"Before that our young men used to lift heavy dumb-bells and swing Indian clubs, and feel immensely proud when their biceps swelled to the size of a goose's egg.

"Sandow has made us remember that there are other muscles besides the biceps, and other means of keeping erect besides wearing stays and lying on a plank. We were all too much in danger of becoming like the hermit crab, whose limbs or claws are big, while its body is shrivelled to a small, soft appendage. The great muscles of the body itself were forgotten, and now that we have given up the rough-and-tumble work of field and farm and forest, and glued ourselves to stools and chairs, these great primal muscles have been shrinking, and the functions of breathing, digestion, and nutrition have been suffering accordingly.

"It is an age of crooked backs and pills and powders, when really the muscles of the waist and chest are at fault. And Sandow, though not a doctor, was the first to din this fact into our ears, and to perfect a scientific remedy which all the great authorities are now unanimous in adopting. The cry about 'physical deterioration' comes after Sandow has shown the cure."

* * *

The *Daily Mail* says:—

"The tour has been a triumphal march, and Mr. Sandow expresses himself as delighted with it.

"In India Mr. Sandow took with him a tent capable of holding 6,000 persons,

and he had nightly to turn away thousands.

"He says, 'I was astounded at my reception and at the fact that I was so well known.' At Aden the 'Tommies' thought he was impersonating the real Sandow, and threatened to wreck the theatre. But when he appeared before them they recognised him and cheered him to the echo."

* * *

Says the *Morning Leader*:—

"In this country Mr. Sandow's work in helping to raise the general standard of physical health has received full recognition. His methods were adopted long ago in the training depôts of the British Army, and they have probably influenced most of the young men of the present generation. The Sandow developer and chart of exercises are a familiar adjunct in the rooms of the majority of men who indulge in any form of sport or athletics, to say nothing of the town dweller who recognises the dangers of physical degeneration that beset him.

"Perhaps one of the most remarkable things Mr. Sandow has done is to convince society ladies that the best road to health and beauty of form is to be found in physical culture, and not in tight-lacing and corsets.

"Society ladies have lately flocked in numbers to the famous school in St. James's Street, and if the list of names on its books could be published it would reveal many of the most exalted leaders of society. Many of them are to-day wearing no corsets (or only very modified ones) after having properly strengthened their figures by development of the necessary muscles, which form what Mr. Sandow terms 'Nature's corsets.'

"POPULAR SANDOW SCHOOLS.

"These Sandow schools are, indeed, attended by people of all sorts and conditions. City men, with systems broken down by 'hustling,' Army officers who want a fine figure, athletes, and so forth.

"Sandow, it is interesting to note, does not advocate that idea of physical strength which consists of bulging muscles wherever possible. He insists on development with a view to one's using strength in a useful way.

"He has declared his intention of building a huge institution in London, which is to be a temple of physical culture, to fight many aspects of the degeneration of national physique, which is one of the growing and most regrettable consequences of town life.

"One of Mr. Sandow's great ambitions is the establishment of a national system of physical culture, 'a physical training at least equal to the mental training enforced by the Education Act of 1872,' as he puts it, 'to make every boy and girl in the country sound and healthy—unless the influence of heredity were too strong to be combated—and thus in no long duration of time to permanently raise the standard of the race.'"

* * *

The *Globe* puts it thus:—

"Undoubtedly Mr. Eugen Sandow deserves the welcome which is awaiting him on his return from India at the hands of those interested in physical culture. It is owing to Mr. Sandow's extraordinary performances, and his capacity for making interesting the somewhat dull subject of physical development, that the latter has become almost a craze. The vogue of dumb-bells has undoubtedly improved the health of thousands of people, and supplied city dwellers with the only form of exercise some of them can get.

—— Sporting Notes. ——

* * *

Swimming.

In consequence of unfavourable weather conditions, Burgess has decided to abandon further attempts to swim the Channel for this year, and he has returned to Paris.

* * *

A large attendance assembled at Regent Road Baths, Salford, on September 18, when the chief event down for decision was a 500 Yards Scratch Race, in which B. B. Kieran was down to compete. Unfortunately for those present, it was announced that the champion had been taken seriously ill. It was stated that he had complained of being unwell during the day, and up to the last minute intended to compete, but, after consulting a doctor, Kieran was immediately ordered to bed, the doctor's certificate showing that his temperature was 103 degrees. The Australian is now quite convalescent, but of course unable to fulfil his immediate engagements.

* * *

An attempt was made by five members of the Torquay Leander Swimming and Life-saving Society recently to swim from Paignton to Torquay. The swimmers all suffered more or less from the low temperature of the water, in addition to which they encountered a choppy sea, and one after the other gave up. So exhausted was one of the swimmers that he had to be conveyed to the hospital.

Rowing.

W. Hutton Williams, of the Royal School of Mines R.C., is the only English entrant for the Amateur Sculling Championship of the Netherlands, to be decided on the Amstel on the 30th inst. and 1st prox. He will compete in both senior and junior races. J. Beresford, of the Kensington R.C., the holder, is unable to defend his title this year.

* * *

The annual race for the Coat and Badge and freedom of the Thames promoted for watermen's apprentices (not twenty-one years of age before the time of entry) by the London R.C., will be held between Putney and Hammersmith on September 29 and 30. Entries closed on the 21st.

* * *

Ernest Barry has posted £25 at the *Sportsman* office, to make a match to row Eddie Durnan over the full championship course on the Thames for £200 aside. He will allow him reasonable expenses. Barry thinks that before Durnan flies at such high game as Stansbury he had better measure blades with the Putney sculler.

Wrestling.

There was an excellent company of artistes last week at the Standard Music-hall, the head of which is the middleweight champion, Peter Gotz, who is fast improving in the art of wrestling. His style of wrestling is clever, and opponents who face him have hard work before them. He met and defeated two local

men on the opening night. The first competitor, Jim Young, of Chelsea, tried his hand with Gotz, but was defeated in 1 min. 50 sec. Then Joe Levy, of Aldgate, took the mat, and his bout was quite worthy of mention. Time after time he kept the pace with Gotz, and it was not until after 7 min. 45 sec. that he was beaten. A special contest between G. Bartoletti, of Italy, and Vladimir, of Russia, then took place for £5, given by the management. These two met under Græco-Roman rules, and a fine bout resulted. Both did excellent work on the mat; but, unfortunately, the Russian dislocated his shoulder after 13 min. and had to retire, so the Italian claimed victory in 13 min. 45 sec.

* * *

Jack Neil writes as follows:—"Seeing that Eugen Sandow has returned to this country with a number of wrestlers I will match Peter Gotz, the 10 st. 2 lb. Champion of the World, against any man Mr. Sandow has at that weight; in fact, I will allow him 2lb. overweight, the best of three falls, in the catch-as-catch-can style, for £25 aside. This is also open to Young Whistler, of Hindley; Young Jack Smith, of Manchester; and Lauritz Neilsen, who claims the middleweight championship; Gotz 10 st. 2 lb., Neilsen 11 st. 4 lb. Peter Gotz will also meet Yukio Tani on the same terms as Burgy Ben, for £25 aside.

* * *

Telegraphing from Manchester on Saturday, Antonio Pierri says he will match Madrali in the catch-as-catch-can style for £100 with Sandow's Indian wrestler.

* * *

Included in the programme at Middlesex Music Hall, Drury Lane, on Sept. 18, was a 9 st. 4 lb. competition under Lancashire rules. Only two bouts in the preliminary round were got through, but, with eight men still having to try conclusions, some good sport should result during the week. The affair is under the management of Mr. Hector Munro, who officiates as M.C. and timekeeper, whilst Mr. R. Joseph acts as referee. Joe Smith (Manchester) beat Lew Benjamin (Mile End).—The latter should have met Lew Nafzel, but the partisans of the Mancunian making a disturbance in the front of the house, stating that they had a man ready to compete against anyone in the competition, the management took them at their word, and Smith beat Benjamin in 9 min. 34 sec. Willie Horton (Australia) beat Dave Stanton (Manchester) in 8 min. 58 sec. The competition concluded on Saturday evening.

* * *

Writing from Berck-sur-Mer, Jess Pedersen, world's champion, denies that it was he who met and was thrown by Hackenschmidt at Liverpool on August 19 last, as reported in the newspapers, asserting that Hackenschmidt's opponent was one Sturm, a German wrestler. Pedersen is anxious to make a match with Hackenschmidt for any amount.

* * *

In connection with the above letter, Mr. Cochrane writes:—"Upon returning from Glasgow my attention was called to a paragraph stating that Jess Pedersen, 'World's Champion,' denies that it was he who was met and thrown by Hackenschmidt, the Champion of the World, at Liverpool on August 19. Hackenschmidt is not seeking glory by cheap victories, having got past the stage when such methods are necessary, and it would hardly put an additional feather in his cap to claim yet another victory over Jess Pedersen, whom he has defeated twice already. The man Hackenschmidt met at Liverpool challenged under the name of John Pederson, and both Hackenschmidt and I believed at the time (furthermore, we gave voice to our beliefs to several Liverpool Press representatives) that this was an assumed name. Such proved to be the case, and instead of a Dane named Pederson, Hackenschmidt wrestled a German whom he had defeated easily before, and who sought a further match (perhaps the short

end of a purse had something to do with it) under an assumed name. When the German presented himself it occurred to us to refuse to go on with the contest, but as his money was up it was thought better by those present that Hackenschmidt should go in and win it, which he did. After all, a German's money is as good as a Dane's.

"Now, as to Mr. Jess Pedersen's (no mistake this time) desire to wrestle Hackenschmidt again: if he could persuade me that the public would be interested in seeing the Russian Lion meet a man he has defeated twice already, a match might be arranged; but I am afraid that there are too many wrestlers waiting who have not suffered defeat at the hands of Hackenschmidt to put Pedersen very high up on the Waiting List."

* * *

At the Theatre Metropole, Camberwell, on the 15th inst., the middle-weight champions, Gotz and Moore, contested the best of three falls in the catch-as-catch-can style for £20 aside and a purse of £50. Gotz forced the work against Moore and gained the first fall in 8 min. 2 sec. The second fall went to Gotz in 2 min. 5 sec., and with it the victory.

* * *

On Sept. 16 Gotz met Ted Williams, of H.M.S. "Pembroke," the middle-weight champion. The conditions were the best of three falls, catch-as-catch-can style, for £15 aside. Williams scaled 10 st. 11 lb., and Gotz 10 st. 4 lb. The Navy representative was not half quick enough for the moves and holds of Gotz. Williams, however, offered a stubborn defence, and stood 9 min. 37 sec. before Gotz gained the fall. After a short rest the two commenced business again, and at the end of 5 min. 45 sec. the Englishman was beaten.

* * *

At the Palace Theatre, Manchester, on Sept. 21, Yukio Tani, the Japanese wrestler, met Thomas Jones, *alias* Burgy Ben, of Wigan, they wrestling the best of three back falls, no rolling falls, for £50. It was agreed that if neither gained a fall in one hour, the match was to be declared a draw, but if a fall was gained in the hour they were to wrestle to a finish. After the usual sparring for holds, Tani forced his man to the mat, and endeavoured to down him by means of the head spin, but the Lancastrian, who was in the pink of condition, easily evaded his opponent's efforts to throw him. Jones then tried a half-Nelson, but could not beat the Jap, who quickly reversed the positions, and, after twenty-one minutes the men were on their feet. The Jap, on resuming, again got behind and endeavoured to hatch his man down, but, after thirty minutes' fierce wrestling, they were again on their feet, and the referee, Mr. Jack Smith, the well-known Manchester wrestler, ordered five minutes' rest. The men again met, both as fresh as ever, but neither could make any impression on the other, and after the expiration of the time limit—one hour—neither had gained a fall. Tani was willing to continue for another half hour, but Jones complained that the Jap was too slippery, and he could not stick to him, and the match was declared a draw.

* * *

The hall at Victoria was again the scene of excitement on Sept. 21, when Peter Gotz had for an opponent Albert Ottenbreit, of Prussia. Both men met in the catch-as-catch-can style and were quite fit. The Prussian started off at a quick rate, but Peter soon saw an opportunity of placing his man in difficulty and had one of his favourite locks on. Ottenbreit managed to free himself, but not for long, for Gotz followed up, and after a few more minutes had his man again, from which Ottenbreit tried hard to escape but failed, and lost the contest in 13 min. 20 sec. Previously, two wrestlers competed for the £2 10s. prize which was offered by the management. These were T. Walliss, of Pimlico, and W. Jackson, of Westminster. The last-named won in 4 min. 45 sec.

Writing from Glasgow, Tom Jenkins says that after his match with Madrali at the Lyceum on October 2 next he will wrestle Sandow's Indian for £150 aside.

* * *

At the Cosmopolitan Club, Edgware-road, on September 11th, Mr. Bert Dorman arranged, in conjunction with Mr. J. Neill, for a match to take place for £100 and a purse, in the catch-as-catch-can style, between Peter Gotz, the middle-weight champion, and William Hoing, of Germany, a strapping youngster, weighing about 2 st. heavier than Gotz. The contest was decided in the gymnasium attached to the club, in the presence of a select gathering of interested spectators which included Antonio Pierri, Ahmed Madrali, J. Neill, and Geo. Harrington. It was close on 12 o'clock before the men entered the ring. Hoing is a powerfully-built athlete, and overtopped his rival in height. Nothing of importance took place until after the expiration of 5 mins. 40 sec., when Hoing cleverly cross-buttocked Gotz, but in doing so, he unfortunately injured his arm, and could not continue the contest; consequently, the award was given to Gotz. The bout did not last long enough to give any idea of Hoing's prowess as a wrestler.

* * *

Replying to Jack Smith's challenge, Jack Neill says he will be only too pleased to back William Hoing for £10 up to £25 aside, but objects to any match he may be interested in taking place in Lancashire. London or Birmingham is good enough for him.

* * *

Mr. Thomas Barrasford of the Lyceum Music Hall, has written to the Editor of *The Sportsman* as follows:—"I see there is likely to be a postponement of the Hackenschmidt-Madrali match, and I can see no reason why Pierri should not let his man wrestle the American champion, Tom Jenkins, who, on two occasions has made a better showing against Hackenschmidt than did the Turk. If Madrali and Jenkins can come to terms for a match, I will offer them a purse of £150 (one hundred and fifty pounds) to bring it off at the Lyceum, October 2nd, or, if they like to wrestle in a private gymnasium (each man to be allowed to bring six friends), I will back Tom Jenkins against Ahmed Madrali in a two-fall catch-as-catch-can match for £100 (one hundred pounds)."

As Thos. Jenkins seemed very anxious to take on Madrali in the long interval, the matter was discussed with Mr. Pierri, and it was decided to accept Mr. Barrasford's offer of the purse of £150 and wrestle for that and £50 aside, the winner to take the whole. Jenkins insisted on this latter clause, and Mr. Pierri acquiesced. The following agreement was, therefore, entered into by the parties concerned:—

"Articles of Agreement entered into this 12th day of September 1905, between Ahmed Madrali and Tom Jenkins. The said Madrali and Jenkins hereby agree to contest a wrestling match in the catch-as-catch-can style for a purse of £150 and £50 aside, the winner to take the whole; the conditions to be the best of three falls, with an interval between each of ten minutes. The mat to be not less than 18 ft. square and 3 in. thick, and the match to be decided on October 2nd, at the Lyceum Theatre; the strangle hold to be barred, and only one second aside in addition to the referee, timekeeper, and M.C. to be allowed near the mat. £50 aside is now deposited with the Editor of *The Sportsman*, who shall be stakeholder and appoint the referee. Either party failing to comply with the above conditions to forfeit all monies down, and, in abiding by the decision of the referee, the stakeholder shall not be amenable at law or otherwise."

* * *

Full particulars of the matches recently arranged between Hackenschmidt and Madrali and Tom Jenkins will be found on another page.

SPECIAL NOTICE.

More New Features.

One of the following thrilling personal sketches will appear each week under the title, "The Tightest Place I was ever in":

ALMOST SHOT FOR AN OUTLAW.

BY R. M. MACDONALD (Gold and Sapphire Miner.)

IN A TEXAN BARN.

BY R. B. TOWNSHEND (the Mexican Traveller and Author.)

A GRIZZLY FIGHTIN' MAD.

BY "SIOUX" (a Famous Canadian Civil Servant.)

LOST IN THE SPITZBERGEN ICEFLOES.

BY CAPT. F. G. JACKSON (of the Jackson-Harmsworth Expedition.)

R. M. MACDONALD, a wanderer in many lands, contributes "Almost Shot for an Outlaw." At the time of the Klondyke rush, a gang of desperadoes plundered Mr. Macdonald's camp. At Lindemann Mr. Macdonald was found to be wearing the boots of the chief outlaw upon whom he had retaliated, and was led out by the firing party to the riverside. . . . "'Three!' The words followed by the rifle-reports sounded faintly in my ears, a thunderous roar reverberated everywhere," and then—Mr. Macdonald escaped by the skin of his teeth: *how* the article thrillingly reveals.

R. B. TOWNSHEND, author of "Lone Pine," and other romances of Texas, tells how he narrowly escaped death from the horns of a wounded bull. Marvellous—exciting—thrilling in the extreme.

"SIOUX." Overtaken in the Rockies by an early snow-fall, "Sioux," and his companion camped near their dead pack-horse, by whose side a bear trap was placed. One evening, whilst his friend was going the round of his traps, the Author strolled to a neighbouring spring where he was ambushed and pursued by a raging grizzly. After a wildly exciting chase pursuer and pursued fell into a deep snowdrift, where the latter's foot was caught in the cleft branch of a tree, whilst the bear, within a hair's breadth of striking distance was anchored by the trap-chain and log, caught between two slender pines. The Author's escape was sudden, unexpected, and only just in time.

CAPTAIN F. G. JACKSON, leader of more than one Polar expedition, sets down his "tightest corner"—adrift off the shore of Spitzbergen, in an ice-packed sea. How ever the small boat came to safety was a marvel. "Lost in the Spitzbergen Icefloes" is a most extraordinary narrative.

Our Ladies' Pages.

It is pleasing to find one champion of the cause of Physical Culture. Mr. W. M. Vardon, of St. Bride's Training College, writes to the *Express* as follows:—

"It is true the athletic woman has lost the champagne-bottle shoulders, but she has also lost lateral spinal curvature, 'nerves,' and other consequences of the crochet and embroidery life; she has lost the shape of the champagne bottle, and has to 'scrape along' with the squarer shoulders of the Venus de Milo. In place of the 'woman of a century ago,' we have the Du Maurier girl (who still survives) and the Gibson girl.

"Deportment teaches a girl to be artificial; physical education urges her to be natural. Deportment cannot bestow grace; grace is largely mechanical. A girl who has a properly formed body, and has healthy muscles and nerves, cannot help being graceful; that is, always provided her movements are not hampered by ridiculous clothing.

"The corset reduces health and grace as well as waist-measurements, and is alone responsible for much the writer of the decay of deportment complains of."

* * *

We make the following extracts from an article written by "A Captious Man," and trust that our fair readers will not allow such imputations to pass unchallenged:—

"Never has there been such a craze as at the present time for Physical Culture, Swedish exercises, and other methods of improving the figure, and yet surely never has the great bulk of the feminine population of the United Kingdom been so remarkable for its lack of grace. They may have gained in physical strength, in health, in stature, and in freedom, but that they have become more graceful even their wildest admirer could not maintain."

* * *

"And in spite of the amount of time that many women devote to athletics and Physical Culture, in spite of the disappearance of the wasp waist and the tiny shoe, it is quite the exception to see a woman walk either well or gracefully.

"They stride, they waddle, they squirm, they mince, and they strut, but not one in twenty walks. The majority of them propel themselves along from their shoulders instead of their hips; and if they hold themselves erect, they do so with their backs set in a rigid position, as if they were encased in a steel frame, and would fall to pieces the moment it was relaxed."

"Instead of deportment we have Physical Culture and gymnastics, and the manners of the hockey field and the golf course are good enough for the drawing-room. Girls flounce or rush into a room, fling themselves about in awkward, inelegant attitudes, and despise anything that savours of a cultivated manner."

* * *

There is but one crumb of consolation in the remarks, and although he is inclined to depreciate the value of good health, surely it is a thing to be proud of: "No one can deny that, although athletics and exercise may possibly have improved the general health and done away with a good deal of the nervous afflictions from which women suffered then, they have undoubtedly tended to destroy entirely the soft natural outlines and curves which essentially form the great beauty of a woman's figure."

* * *

There was a crowded attendance at the annual gala of the Swindon S.C., held at the Medical Fund Baths, Swindon, during last week, where the 100 yards Ladies' Swimming Championship was decided. Miss Mackay, the holder, was absent, but the six who entered all faced the starter, divided into two heats. In the first heat Miss Thorpe took the lead at the start and won by three yards from Miss Fletcher. Time, 1 min. 27 3-5 secs. In the second heat, Miss Scott took the lead in the first length, but a splendid race to the finish resulted in a dead-heat with Miss Curwen. Miss Allardyce gave up. Time, 1 min. 24 secs., thus beating record. The final was one of the best races ever witnessed. Miss Scott took the lead and was never caught, leading by one yard over the first length, with Curwen second and Thorpe third. A splendid race to the finish ended in Miss Scott winning by one yard, Miss Curwen being second and Miss Thorpe third, close up. Result: Miss Scott, Bacup, 1; Miss Curwen, Liverpool, 2; Miss Thorpe, Leeds, 3; Miss Fletcher, Leicester, 4. Time 1 min. 25 1-5 secs.

Proposed Over-water Trip.

Mr. Edgar Wilson, of Pimlico, states that as the result of his recent experiments with his airship from the Watkin Tower, Wembley Park, he feels justified in shortly attempting a prolonged flight over water with a motor-driven apparatus. The newly-designed and constructed wings will be flapped 240 times per minute, ensuring a flight upwards and forwards of 180 per minute. Pending the completion of this machine, Mr. Wilson is constructing, in co-operation with Dr. Richards, an English resident in China, now on a visit to this country, two airships on the screw and wing principles respectively, the Wembley Park management having given facilities to build the machines in their grounds. The screw machine, Mr. Wilson says, will not be unlike M. Jules Verne's "Clipper of the Clouds," being bamboos constructed in the form of a ship, 160 feet long by 14 feet wide and 8 feet deep. It will have 14 elevating screws each side, the largest 7 feet diameter, but only two propelling screws at the stern, 8 feet each in diameter. The wing airship has eight wings, four on each side, each 18 feet from hip to hip, flapping alternately to conserve weight and driving power. A petrol engine of 160 h.p. will be utilised for the preliminary trials of both airships.

SPORTING PATENTS.

This list of Patents is specially prepared for SANDOW'S MAGAZINE by Mr. C. F. Ennis, of Jessel Chambers, 88 Chancery Lane, London, W.C., Registered Patent Agent (by Examination), from whom all information relating to Patents may be had on application:—

Applications for Patents September 4th-9th, 1905:—

17825 J. McArthur and W. Prain, Montrose. Cases and their fittings for holding sporting cartridges.

17998 E. G. Hulton, Bristol. Substitute for golf holes for golf putting on lawns, etc., without cutting holes.

18034 H. P. Okie, Teddington. Firearms.

18062 F. W. Schroeder, London. Billiard cues.

18063 F. W. Schroeder, London. Apparatus for tipping billiard cues.

18139 F. W. Stevens, London. Gymnastic or physical culture apparatus.

18154 J. Ashcroft, Liverpool. Device for covering bolt heads in billiard tables.

18250 J. Watt, Earlsfield. Rubber blocks for billiard tables.

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And Editorial Chat.

ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on the opposite page.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

B. REYNOLDS (SWANSEA).—Did you comply with conditions in forwarding stamped addressed envelope? If so, they would have been returned some time since.

L. H. OAKLEY (SALFORD).—Thanks for letter. You appear to have done well.

W. F. H. HENLEY (STAFFORD).—Your measurements appear to be excellent; am glad to hear of your success.

C. F. WADSWELL (NORTHAMPTON).—Thanks for letter. Your application shall receive due attention as soon as possible.

S. H. MORTON (WARRINGTON).—It would not be wise to adopt the course you propose. Far better take expert advice and so avoid any possibility of spoiling your chance of success.

S. W. SWAIM (COVENTRY).—Reduce the amount of exercise by one half, and take Plasmon with your food.

*** Owing to a fire in the editorial offices, several letters were unfortunately burnt. Will those correspondents whose questions have not been replied to kindly write again?

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The Tightest Place I was ever in.

IV.—My Race for Life.

By LOUIS BECKE.

(Author of "By Reef and Palm," &c.).

• • •

EARLY in the seventies, I was in Nouméa, New Caledonia, looking for a berth as Recruiter in the Kanaka labour trade; but there were many older and much more experienced men than myself engaged on the same quest, and my efforts were in vain.

One morning, however, I met a Captain Poore, who was the owner and master of a small vessel, just about to leave Nouméa on a trading voyage along the east coast of New Guinea, and among the islands between Astrolabe Bay and the west cape of New Britain. He did not want a supercargo; but said that he would be very glad if I would join him, and if the voyage was a success he would pay me for such help as I might be able to render him. I accepted his offer, and in a few days we left Nouméa.

Poore and I were soon on very friendly terms. He was a man of vast experience in the South Seas and, except that he was subject to occasional violent outbursts of temper when anything went wrong, was an easy man to get on with, and a pleasant comrade.

COPPER IN THE PACIFIC.

The mate was the only other European on board besides the captain and myself, all the crew, including the boatswain, being either Polynesians or Melanesians. The whole ten of them were fairly good seamen, and worked well.

A few days after leaving Nouméa, Poore took me into his confidence, and told me that, although he certainly intended to make a trading voyage, he had another object in view, and that was to satisfy himself as to the location of some immense copper deposits that had been discovered on Rook Island—midway between New Britain and New Guinea—by some shipwrecked seamen.

Twenty-two days out from Nouméa, the *Samana*, as the schooner was named, anchored in a well-sheltered, and densely-wooded little bay on the east side of Rook Island. The place was uninhabited, though far back from the lofty mountains of the interior, we could see several columns of smoke arising, showing the position of mountaineer villages. It was then 10 o'clock in the morning, and Poore, feeling certain that in this part of the coast there were no native villages, determined to go ashore, and do a little prospecting. (I must mention that owing to light weather and calms, we had been obliged to anchor where we had to avoid being drifted on shore by the fierce currents, which everywhere sweep and eddy around Rook Island, and that we were quite twenty miles from the place where the main copper lode was situated).

Taking with us two of the native seamen, Poore and I set off on shore shortly after 10 o'clock, and landed on a rough,

Copyright in the United States of America.

shingly beach. The extent of littoral on this part of the island was very small, a bold lofty chain of mountains coming down to within a mile of the sea, and running parallel with the coast as far as we could see. The vegetation was dense, and in some places came down to the water's edge, and although the country showed a tropical luxuriance of beauty about the seashore, the dark, gloomy, and silent mountain valleys which everywhere opened up from the coast, gave it a repellant appearance in general.

A PROSPECTING TRIP.

Leaving the natives (who were armed with rifles and tomahawks) in charge of the boat, and telling them to pull along the shore and stop when we stopped, Poore and I set out to walk. My companion was armed with a Henri-Winchester carbine, and I with a 16-bore breech-loading shot gun and a tomahawk. I had brought the gun instead of a rifle, feeling sure that I could get some cockatoos or pigeons on our way back, for we had heard and seen many flying about as soon as we had anchored. At the last moment I put into my canvas game bag four round bullet cartridges, as Poore said that there were many wild pigs on the island.

On rounding the eastern point of the bay we were delighted to come across a beautiful beach of hard white sand fringed with cocoanut palms and, beyond, was a considerable stretch of open park-like country. Just as Poore and I were setting off inland to examine the base of a spur about a mile distant, one of the men said he could see the mouth of a river further on along the beach. This changed our plans, and sending the boat on ahead, we kept to the beach, and soon reached the river—or rather creek. It was narrow but deep, the boat entered it easily and went up it for a mile, we walking along the bank, which was free of undergrowth, but covered with high, coarse, reed-like grass. Then the boat's progress was barred by a huge fallen tree, which spanned the stream. Here we spelled for half an hour and had something to eat, and then again Poore and I set out, following the upward course of the creek. Then, finding it was leading us away from the spur we wished to examine, we stopped to decide what to do, and then heard the sound of two gunshots in quick succession, coming from the direction of the place in which the boat was lying. We were at once filled with alarm, knowing that the men must be in danger of some sort, and that neither of them would have fired at a wild pig, no matter how tempting a shot it offered, for we had told them not to do so.

A GHASTLY SURPRISE.

"Perhaps they have fallen foul of an alligator," said Poore, "all the creeks on Rook Island are full of them. Come along, and let us see what is wrong."

Running through the open, timbered country, and then through the long grass on the banks of the stream, we had reached about half-way to the boat when we heard a savage yell—or rather yells—for it seemed to come from a hundred throats, and in an instant we both felt sure that the boat had been attacked.

Madly forcing our way through the infernal reed-like grass, which every now and then caused us to trip and fall, we had just reached a bend of the creek, which gave us a clear sight of its course for about 300 yards, when Poore tripped over a fallen tree branch; I fell on the top of him, and my face struck his upturned right foot with such violence that the blood poured from my nose in a torrent, and for half a minute I was stunned.

"Good God, look at that!" cried Poore, pointing down stream.

Crossing a shallow part of the creek were a party of sixty or seventy savages, all armed with spears and clubs. Four of them, who were leading, were carrying on poles from their shoulders the naked and headless bodies of our two unfortunate sailors, and the decapitated heads were in either hand of an enormously fat man, who, from his many shell armlets and other adornments, was evidently the leader. So close were they—less than fifty yards—that we easily recognised one of the bodies by its light yellow skin, as that of Anteru (Andrew),

a native of Rotumah, and one of the best men we had on the *Samana*.

A RUNNING FIGHT.

Before I could stay his hand and point out the folly of it, Poore stood up and shot the fat savage through the stomach, and I saw the blood spurt from his side, as the heavy, flat-nosed bullet ploughed its way clean through the man who, still clutching the two heads in his ensanguined hands, stood upright for a few seconds, and then fell with a splash into the stream.

Yells of fury and astonishment came from the savages, as Poore, now wild with fury, began to fire at them indiscriminately, until the magazine of his rifle was emptied; but he was so excited that only two or three of them were hit. Then his senses came back to him.

"Quick, into the creek, and over to the other side, or they'll cut us off."

We clambered down the bank into the water, and then, by some mischance, Poore, who was a bad swimmer, dropped his rifle, and began uttering the most fearful oaths when I told him that it was no use my trying to dive for it, unless he could hold my shot gun, which I was carrying in my left hand. We had scarcely reached the opposite bank, when thin, slender spears began to whizz about us, and one, no thicker than a lead pencil, caught Poore in the cheek, obliquely, and its point came out quite a yard from where it had entered, and literally pinned him to the ground.

I have heard some very strong language in the South Seas, but I have never heard anything so awful as that of Poore, when I drew out the spear, and we started to run for our lives down the opposite bank of the creek.

DOGGED BY SAVAGES.

For some minutes we panted along through the long grass, hearing nothing; and then, as we came to an open spot and stopped to gain breath, we were assailed by a shower of spears from the other side of the creek, and Poore was again hit—a spear ripping open the flesh between the forefinger and thumb of his left hand. He seized my gun, and fired both barrels into the long grass on the other side, and wild yells showed that some of our pursuers were at least damaged by the heavy No. 1 shot intended for cockatoos. Then all became silent, and we again started, taking all available cover, and hoping we were not pursued. We were mistaken, for presently we caught sight of a score of our enemies a hundred yards ahead, running at top speed, evidently intending to cross lower down and cut us off, or else secure the boat. Poore took two flying shots at them, but they were too far off, and gave us a yell of derision. Putting my hand into the game bag to get out two cartridges, I was horrified to find it empty, every one had fallen out; my companion used more lurid language, and we pressed on. At last we reached the boat, and found her floating bottom up—the natives had been too quick for us.

To have attempted to right her would have meant our being speared by the savages, who, of course, were watching our every movement. There was nothing else to do but to keep on, cross the mouth of the creek, and make for the ship.

Scarcely had we run fifty yards when we saw the grass on the other side move the natives were keeping up the chase. Another ten minutes brought us to the mouth of the stream, and then to our great joy we saw that the tide had ebbed, and that right before us was a stretch of bare sand, extending out half-a-mile. As we emerged into the open we saw our pursuers standing on the opposite bank. Poore pointed his empty gun at them, and they at once vanished.

We stopped five minutes to gain breath, and then kept straight on across the sand, till we sighted the schooner. We were seen almost at once, and a boat was quickly manned and sent to us, and in a quarter of an hour we were on board again.

More Wrestling Matches.

• • •

At one time there seemed a probability that the wrestling match arranged between Georges Hackenschmidt and Madrali for a date between October 2 and 23 next would be declared off. It may be remembered that an agreement was made on June 30th last whereby Hackenschmidt and Madrali were to wrestle for £200 aside. Hackenschmidt has now found it impossible to keep the engagement between the dates mentioned. Mr. Pierri regretted that there should be occasion to make the request, but as his consent to a postponement was the only way of securing a match he had to give way. It was then agreed that the match should take place between November 27 and December 9. Mr. Pierri had previously pointed out that it meant keeping his champion in training for a very long time, and he humorously suggested that he would be trained to nothing at all! However, he very sportingly agreed to the only possible terms.

The new agreement, therefore, reads as follows:—

ARTICLES OF AGREEMENT entered into this 12th day of September, 1905, between Georges Hackenschmidt and Ahmed Madrali. The said Hackenschmidt and Madrali hereby agree to contest a wrestling match in the catch-as-catch-can style for £200 aside and the best inducement offered, the conditions to be the best of three falls and the clear wrestling time to be limited to one hour; the mat to be not less than 18 feet square and 3-in thick, and the match to be decided on a date between November 27 and December 9, 1905; the strangle hold to be barred, and only one second aside in addition to the referee, timekeeper, and M.C. to be allowed near the mat. In the event of only one fall being gained, the man securing this to be declared the winner. Twenty-five pounds aside are now deposited with the Editor of *The Sportsman*, who shall be stakeholder and appoint the referee, and the balance of £175 aside to be posted with the stakeholder fourteen clear days before the decision of the match. Either party failing to comply with the above conditions to forfeit all monies down, and, in abiding by the decision of the referee, the stakeholder shall not be amenable at law or otherwise.

The way to get a good watch easily, is simply to send a half-crown to Messrs. J. N. Masters, Ltd., the celebrated "Veracity" Watchmakers, Rye, Sussex, whose advertisements our readers are familiar with, and the old-established firm (36 years in Rye) will send their 30s. Silver Watch, Lady's or Gent.'s size, a further sum being payable on receipt of the watch, and the balance at 2s. 6d. monthly. As there is no doubt that no better watch can be bought for 30s. anywhere else, it will be well for anyone wanting a reliable watch that will last 20 years to send to Masters, Rye, who also supply 30s. Engagement Dress and Signet Rings, on very similar terms. A watch or a ring booklet will be sent free on application, mentioning SANDOW'S MAGAZINE.

Notes of the Week.

A Unique Gathering.

A most unique gathering took place on Saturday, September 9, in the grounds of Wynnstay, at Burgess Hill at Brighton, where the director and staff of the Weidhaas Nature Treatment Establishment welcomed nearly 1,000 cured patients of the institute, with a large number of local and other friends, to a ceremony connected with the celebration of the 25th Anniversary of the establishment of the Weidhaas Nature Treatment.

The cured patients came from every part of the Kingdom, from the Colonies and India.

The chair was occupied by Dr. T. J. Macnamara, M.P., supported by C. H. Corbett, Esq., J.P., Aldermen Notting and Carden, of Brighton, the Rev. E. Findal-Atkinson, the Rev. J. Stevens, the Rev. C. Cox, the Rev. G. Duncan, D.D., Dr. Gaitskill, Dr. Ormerod, Dr. Apthorpe, Dr. Lockwood, Dr. Mackey, Dr. Rankin, Dr. Watson Macgregor-Reid, Mr. G. J. Holyoake, Mr. Marsh and Mrs. Holyoake Marsh, Col. Shaft, Mr. Gully, Solicitor-General for New Zealand, Mr. Taylor, the Superintendent of the Indian States Railways, and other celebrities.

Dr. Macnamara referred to the history of the Institute, and said that never yet had he heard of any similar institute calling their cured patients together as the Weidhaas Institute had upon this occasion done. The gathering was a novel one indeed, and he could conceive of no better means of proving the worth of any establishment organised for the treatment of human ailments than this new idea which Director Haynel had launched upon the waters of proof. When the Institute brought people from all parts of the country, and even from India, South Africa, South America, and other distant parts as the Weidhaas Institute had done this day, then there could be no doubt whatever about the worth of the Institute. He admired the manner in which it was done, and the way in which the cured patients had responded to the call of Director Haynel, in coming as they had done, some of them at great expense, at great inconvenience, and undoubtedly so far as the guests from Scotland, Ireland, and other distant parts were concerned, at great sacrifice. He was pleased to be with them all that day, and pleased to preside over such an imposing demonstration of people all gathered together for the purpose of showing their regard for the Weidhaas Institute, and he was not surprised at it, since he was informed that there were present at the gathering many who had been restored to health by Nature treatment, when they were given up as incurable by others. He complimented Director Haynel upon the great success which had attended his efforts, and also upon the successful gathering of that day. He trusted the Weidhaas Institute would long continue to carry its message of health to the homes of England.

Dr. Macgregor-Reid read a number of letters and telegrams from people unable to be present, among them being the Countess of Warwick, Dr. Clifford, Mr. Goschen, M.P., Mr. Villiers, M.P., Mrs. Bramwell Booth, of the Salvation Army, Sir Edward Mallet, and the Mayor of Brighton.

After the repast, an excellent entertainment was given in the grounds of the Institute. The music was supplied by the band of the 20th Hussars, while a number of well-known London artistes added their powers towards entertaining the large audience. A special train was run between Victoria Station and Burgess Hill for the occasion, and in spite of the weather a very happy day was spent.

JU-JITSU NOTES. By Professor Vernon Smith.

Now that the summer is nearly over, the various schools interested in the Japanese style of self-defence and physical training have re-opened, with the promise of a good season. Amongst these is the well-known Anglo-Japanese Institute, of Bloomsbury Square, who are making special preparations to meet the demands occasioned by the increasing popularity of the system.

* * *

Professor Uyenishi, who has been at Shorncliffe during the last month, is back again in London, much benefited by a change of air and scenery. He has been having a very busy time instructing the men and officers at the camp.

* * *

Some amusing criticisms are often published regarding the "gentle art." Here is a cutting from a contemporary:—

"The Japs amuse me with their ju-jitsu. They say they can beat any professional wrestler. I will show them how mistaken they are. They are astonishingly nimble. Well, so am I." Saying which the speaker, a Monsieur Laberdesque, cut a caper six feet in the air, whirled round like a catherine wheel, turned several somersaults, climbed up the wall, and finally stood on his head. "I do all that every morning," he explained, "it is the best sort of exercise. I do it before a tall looking-glass, so that I can observe my movements." M. Laberdesque, who was in Paris at the time of the incident, is full of life. He has fought innumerable duels, and, though thin as a lathe for his great height, he has muscles of steel he assures his friends. To prove that ju-jitsu has no terrors for him, he has thrown down the gauntlet to any Japanese champion for a stake of two hundred pounds, to go to charity. The contest is to be governed by no rules at all. The Japanese will be permitted to practice ju-jitsu; M. Laberdesque will use any methods he pleases. I am afraid M. Laberdesque is more amusing than serious.

The Pope and Physical Exercise.

The *Daily Mail's* Rome correspondent sends the following interesting letter:

"In striking contrast to his predecessor, Leo XIII, who saw no use in teaching athletics to the young, and regarded them as dangerous innovations, Pius X, a Pope full of energy, is going to throw open the Vatican to an athletic gathering of the Young Catholic Athletic Associations in October next.

"A committee has been appointed, and already 300 of the associations have entered for the contests. The Noble Guards' riding school will be transformed into a vast arena for the gymnastic competitions, ball games will be played in the Belvedere Court, and cycle and foot races will be run in the Vatican Gardens. There will be a Grand Prize in each department of sport.

Leo XIII once said to a Cardinal who pointed out the necessity of exercise and sport for young people, "It is all nonsense. Our ancestors have lived well and long without any gymnastics, and we ourselves, thanks to God, have no reason to complain. If you like to teach children to turn somersaults you will be responsible if they break their necks."

But the present Pontiff has lived among the sport-loving Venetians, at a time when the Austrian Government considered exercise an essential of the training of youth. "Young people should love sport," says Pius X; "it does good both to their souls and to their bodies. It makes us also feel young to see them run, jump, and enjoy themselves. They enliven this dull and silent place."

So the vast courts, and splendid gardens of the richest and most stately residence in the world are to be adapted for the great contests, and the Pope himself will witness them and present the prizes to the winners. He has caused 200 gold and silver medals to be coined for the occasion, and many other valuable gifts will be given by the various Catholic associations.

Some Sporting Fixtures.

Hockey.

JANUARY.

20—Glasgow, East v. West of Scotland.

FEBRUARY.

16 — In Scotland, SCOTLAND v. WALES.

MARCH.

3—In Ireland, IRELAND v. SCOTLAND.

31—In Scotland, SCOTLAND v. ENGLAND.

* * *

Billiards.

OCTOBER.

2—Miss Eva Collins v. "Rover," "Evening News," 500 up, level, at the Masonic Club, Portsmouth.

2 to 7—F. Lawrence v. A. C. Williams, at Nottingham.

2 to 7—E. Diggle (rec. 1250) v. C. Harverson (rec. 2,000), 9,000 up, at Soho Square, W., 3 and 8 p.m.

2 to 7—C. Dawson v. M. Inman (rec. 2,500), 9,000 up, at Grand Hall, Leicester Square, W.C., 3 and 8 p.m.

2 to 7—H. W. Stevenson v. T. Aiken (rec. 2,500), 10,000 up, at Edinburgh, 3 and 8 p.m.

2 to 14—J. Roberts v. T. Reece, 18,000 up, at Free Trade Hall, Manchester, 3 and 8 p.m.

9 to 14—H. W. Stevenson v. F. H. Weiss (rec. 2,250), 9,000 up, at New Weavers' Institute, Nelson, Lancashire, 3 and 8 p.m.

9 to 14—M. Inman (rec. 2,500) v. T. Aiken (rec. 2,500), 9,000 up, at Soho Square, W., 3 and 8 p.m.

9 to 21—C. Dawson v. E. Diggle, 18,000 up, at Grand Hall, Leicester Square, W.C., 3 and 8 p.m.

16 to 21—W. Mitchell (rec. 1,750) v. T. Reece (rec. 2,500), 9,000 up, at Soho Square, W., 3 and 8 p.m.

16 to 28—H. W. Stevenson v. M. Inman (rec. 5,000), 18,000 up, at Free Trade Hall, Manchester, 3 and 8 p.m.

16 to 28—J. Roberts, Cambridge Hall, Sheffield.

20 and following days—Thurston's Actors' Orphanage Billiard Handicap, at Leicester Square, W.C.

23 to 28—W. Cook v. W. A. Lovejoy (rec. 1,000), 7,200 up, at Grand Hall, Leicester Square, W.C., 3 and 8 p.m.

23 to 28—F. H. Weiss (rec. 2,000) v. T. Aiken (rec. 2,500), 9,000 up, at Soho Square, W., 3 and 8 p.m.

30 and 31—H. W. Stevenson at Barrow-in-Furness.

30 to November 4—F. H. Weiss (rec. 2,250) v. T. Reece (rec. 2,500) 9,000 up, at The Parsonage, Manchester, 3 and 8 p.m.

30 to November 4—W. Smith (the holder) v. J. Brady, for £25 aside and the West of Scotland Championship, 8,000 up, at Waterloo Rooms, Glasgow, 3 and 8 p.m.

30 to November 4—J. Roberts v. M. Inman (rec. 2,500), 9,000 up, at Soho Square, W., 3 and 8 p.m.

NOVEMBER.

1 to 4—H. W. Stevenson at Blackpool.

6 to 11—F. H. Weiss (rec. 2,250) v. F. Bateman (rec. 2,500), 9,000 up, at The Parsonage, Manchester, 3 and 8 p.m.

6 to 11—J. Roberts v. W. Osborne, 9,000 up, at The Masonic Hall, New Street, Birmingham, 3 and 8 p.m.

* * *

Golf.

SEPTEMBER.

28-30—*Evening Times* Trophy, at Barassie.

29—Beckenham Autumn Meeting.

29-30—Bushey Hall Open Amateur Meeting.

29-30—Hanger Hill Autumn Meeting.

30—Ealing Autumn Meeting.

30—Hesketh (Southport) Autumn Meeting.

OCTOBER.

3-5—*News of the World* Prizes, Final Competition at Walton Heath.

4-5—Hunstanton Autumn Meeting.

4-6—Royal Liverpool Autumn Meeting.

Boxing.

OCTOBER.

2—Contests at the N.S.C.

NOVEMBER.

4-17—Middlesex R.V. School of Arms Open Competitions, Drill Hall, Camden Town.

* * *

Rowing and Punting.

SEPTEMBER.

29-30—London R.C. Coat and Badge Race.

30—Vesta R.C. Regatta.

OCTOBER.

7—Cobden A.R.C., Rum-tum Handicap (Blackfriars Course).

11—Cygnet R.C. Regatta.

14—Auriol R.C. Regatta.

28—Cobden A.R.C., Pair-oared Consolation Race (Blackfriars Course).

29—Dalston Alberts, Chock Fours.

DECEMBER.

9—Cobden A.R.C., Supper Fours (Blackfriars Course).

16—Cobden A.R.C., Annual Banquet, at Fox Hotel, Southwark Bridge Road.

Physical Training College for Ladies.

The Physical Training College for Ladies connected with St. Bride's Foundation has already won an acknowledged place among educational institutions, a place meritoriously maintained by the result of the first year's work. Every student who entered for the Incorporated British College of Physical Education secured distinction in both the theoretical and practical examinations, and success also rewarded every student who competed for the National Society of Physical Education membership diploma and medal. The result has stimulated the promoters in the preparation of the syllabus for the new session beginning in September, and the students of this winter will come into an excellent heritage of experience and skill placed at their command by the teaching staff and past students. A full course to qualify as a training teacher necessitates two years' work and an established proficiency in drill and gymnastics, anatomy, physiology, hygiene, voice production, and ambulance, with swimming as an optional subject. Intending students must be over sixteen years of age and medically certificated as being fit to undergo training.

Roughly speaking, a girl may qualify for her certificates and attain proficiency in two years at an inclusive cost of £50, but pupils are received for practical work alone, and arrangements made for attendance at special classes at greatly reduced fees. Girls who do not intend to utilise their training afterwards as teachers are allowed to join, for instance, the games classes held on Tuesday and Thursday mornings. Basket-ball and the usual gymnastic games, hockey and cricket practice are the chief subjects on the curriculum, all conducted by trained certificated instructors. This season, for the first time, the indoor cricket-pitch, of which St. Bride Institute can boast, is to be set aside on certain days for ladies' practice. They will be coached by a competent, if not professional, cricketer, if the entries justify the enterprise. This is scarcely an innovation, since most of the advanced gymnastic classes already include cricket in their schedule; but the actual practice in the nets will add considerably to the excitement, and may do something to remove the very positive assertions levelled against girls' bowling. The pitch is arranged over the swimming-bath, and is, of course, artificially lighted, but, unfortunately, practice will not commence until the close of the swimming season. For many reasons it has been thought best to leave the inauguration of the indoor cricket practice until after Christmas.

How I Taught Indian . . . Ladies My System.

Speaking to a representative of the *Daily Mail*, Mr. Sandow said:

Perhaps the most interesting feature of my Eastern tour was the glimpse I obtained of the physical conditions of the Indian upper-class women.

A Bombay Parsee merchant-prince, whom I was able to be of service to, expressed his gratitude in several ways. He named a castle he was building "Sandow Castle," and put a clause in his will whereby myself or my heirs have a standing invitation to visit Bombay whenever we like.

He also used his influence to gain me admission to the forbidden zenana.

A zenana is merely a series of dull-looking rooms, the outer ones looking down on an inner court, and the inner ones, with small portholes, looking on to a walled zenana garden. The purdah or screen separates these rooms from the more public quarters of the men.

The lower class of Indian women I have always regarded as being extremely well developed, despite the practice of child-marriage. I consider their fine figures to be due to the custom of carrying pitchers on their heads, this necessitating a natural poise of the body.

When, by the influence of Mr. Bomanjee, the merchant-prince, I was able to extend my classes to Parsee ladies, I found that though they were very beautiful women they had a marked tendency to embonpoint. They proved, however, enthusiastic and intelligent pupils, especially when they discovered that my treatment would improve their figures, their health, and their spirits generally.

One class I took was conducted under very peculiar conditions. My pupils were separated from me by a beaded screen, and the apartment they were in darkened so that I could not see them. Some unlovely waiting women watched them closely.

On the other side of the screen where I stood all was bright, so that my mysterious pupils could easily see what I was doing. I faced the screen and commenced demonstrating the first simple exercises of my system. A quiet rustling from the other side of the screen told me that my unseen watchers were imitating my movements, and so the lesson went on to the end.

When I had finished I was met by an extraordinary request. The ladies were very curious to feel the muscles of my arms. I approached the beaded screen and raised my biceps; and through the screen half-a-dozen small hands stretched out and touched them nervously. Mrs. Sandow, who was present on my side of the screen, was a sharer in my amusement at this incident.

The ladies must have talked about me afterwards, not only among themselves, but to others; for some time later I was invited by another lady to go and give her six lessons in my system. She was good enough to warn me at the same time that if I did come I should involve myself in considerable risk, as my visits would have to be conducted unknown to her husband.

These warnings raised my curiosity, so, of course, I went. As it happened, no harm came; my enthusiastic pupil kept the visits secret; and the only other person who knew about them was the little waiting-woman who was placed outside the door to guard against a surprise while the lesson was going on.

I should add, in conclusion to this brief account of my work among Indian women that I am under a solemn promise to the ladies of my classes to write a book on physical development for the general information and instruction of their country-women in their own language!

ASTHMA, Bronchitis, CONSUMPTION,

And other Throat and Lung Troubles; Stomach and Liver Disorders, &c., &c.

READ THIS.

A Solemn Declaration before a

COMMISSIONER FOR OATHS.

ABSOLUTELY AND PERMANENTLY CURED

By the New "NATURE" Cure.

90,000 CASES

Already successfully treated,

Including hundreds of so-called "incurables" who had been given up by eminent Physicians and Hospitals.

I Guarantee to Forfeit

£1,000 IF I FAIL

to prove that any testimonial I publish is a bona-fide extract from the patient's own letter.

Incredible as many of the statements seem, they represent only what is actually occurring daily, as a result of the Weidhaas "Nature" treatment of disease, the basic principle of which is, assisting Nature's recuperative forces instead of trusting to coercive and artificial powers.

The most perfect vindication of my claim to cure disease is to be found in the fact that I have successfully treated upwards of 90,000 cases, many of which were certified as being chronic and beyond all hope of recovery. Remember these are not idle boasts—they are facts which I am always ready and willing to prove; and in view of such evidences of the wonderful efficacy of my new treatment, any doubt or prejudice on the part of a sufferer is little short of criminal folly.

I am aware that when I say I can ABSOLUTELY AND PERMANENTLY CURE such dread disorders as Asthma, Bronchitis, Consumption, &c., I am making a very grave statement; and I ask, not that you should accept it on the strength of my assurance, but that in your own interest you should searchingly investigate the matter, and satisfy yourself before coming to a decision.

My New Book

explains the treatment fully, and contains a large number of testimonials—some from persons suffering in the same way as yourself also much useful information. I will send you a copy of it

Free and under Cover

if you send me your address.

Remember, my "Nature" treatment, although infinitely more effective than any other treatment ever devised, is at the same time so extremely economical as to bring it within reach of all classes, and it can be adopted without the slightest interference with one's daily occupation.

A Solemn Declaration before a COMMISSIONER FOR OATHS.

In the following statement, which I have voluntarily made and signed before a Commissioner for Oaths, and duly attested on oath by His Majesty's Justice of the Peace,

Dear Sir,—About eight years ago I had Bleeding of the Lungs, and my physician pronounced me Consumptive. I have had an attack of Bleeding from the Lungs every August for six years; the last bleeding occurred about two years ago, and at that time I vomited about one pint of blood from the lungs. My doctor said I could not have vomited more and lived. Four years ago I was examined by a physician, who said I had two years to live. I always felt tired and exhausted when doing my work. I was laid up several times. The shortest eight weeks, the longest seven months, and also had Night Sweats. My friends had given me up, and I thought there was no cure. Two years ago I commenced the Weidhaas Home Treatment, and to-day I never felt better and stronger in my life. I have not had the slightest Bleeding from the Lungs since I commenced this treatment. *Two physicians have recently examined my lungs, and have failed to find the least trace of Consumption.* You may make what use you like of this statement for the sake of others who suffer in a similar way.

Consumption and Blood Spitting Pronounced Cured by Two Physicians.

Kidderminster Signed E. FOSTER

Witnessed to the Signature A. F. HARDWICK, A Commissioner for Oaths (Brighton)

I have personally satisfied myself that I can testify to the accuracy of the above statement A. F. SCOTT, J.P. for Sussex.

"I am 73 years old, and for over 15 years I suffered from Bronchitis, with wheezing, rattling in the chest, and heavy breathing. I got so weak from constant coughing that if I went out walking or went up the stairs, I would often cough for an hour. I was afraid to do any household work, and the doctor said I never should be cured. I was sometimes in bed for three months at a time, but I could seldom lie down, and if I did I would have to fight for breath. Then I tried your Treatment, and persevered with it, and now I am completely cured. Despite my age, I can still do my domestic work.

"Lindfield Mrs. S. INKPIN."

Cured at 73 Years of Age.

More than four years later Mrs. Inkpin said: "I have never had the cough since."

Full address on application

If you suffer with any Throat, Lung, Liver, or Stomach trouble you should

Write for the Book to-day.

Or, if you have any friends who suffer, it would be **an act of humanity and kindness to pass on my book** to them, or let me send them one direct; for, if restoration is possible by any human means,

I can cure

and cure them permanently. Every day I receive letters from old patients telling me that they are still keeping well—a positive proof that my treatment does not merely allay symptoms, but that it eradicates disease.

When writing for the book, send me some particulars of your symptoms, and I will tell you frankly if your case comes within the scope of my Treatment or not, and WITHOUT CHARGE.

REMEMBER, in every case I accept, my 25 years' reputation is at stake.

For full particulars apply to

The Weidhaas Hygienic Institute

232, BURGESS HILL, near BRIGHTON.

London Consulting Rooms: PICCADILLY MANSIONS, 17, SHAFTESBURY AVENUE, PICCADILLY CIRCUS, W.

SANDOW'S MAGAZINE PHYSICAL CULTURE COMPETITION.

COUPON FOR SEPTEMBER.

Name of Competitor .....

Address .....

MEASUREMENTS.

Age.....	Upper Arm L.....
Height.....	Fore Arm L.....
Weight.....	Hips.....
Chest Contracted.....	Thigh R.....
Chest Expanded.....	Calf R.....
Waist.....	Thigh L.....
Upper Arm R.....	Calf L.....
Fore Arm R.....	Ankle.....
	Neck.....

We hereby certify that the above measurements are correct. (SIGNED),

Name..... *Name*.....

.....

.....

All Photos sent in must have the name of the Competitor written plainly on the back, and, if possible, the measurements should be witnessed by at least one medical man.

Sandow's Sports Bureau Coupon.

With a view to providing a medium whereby readers of his Magazine may obtain the best advice in the selection of various sporting implements, Mr. Sandow has secured the co-operation of experts in various branches of sport, whose opinions will be given free of all cost.

To the **Expert Department, Sandow's Magazine,**
131 Temple Chambers, E.C.

Please give your advice and particulars as to price, etc., of Articles mentioned below.

Name .....

Address .....

Requirements :—

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Instructors sent out. Pupils prepared for Army, Navy and Insurance.

Sandow's Magazine Physical Culture Competition.

Having regard to the rapid strides in popularity which have been made recently by physical culture, and the fact that five years have elapsed since we instituted our Great Competition, which, as everyone knows, culminated in the mammoth gathering at the Albert Hall, we feel that the inauguration of this magazine in its new form would be a fitting time to revive the Competition which was such a signal success before. The conditions on the present occasion will be slightly varied in order to meet the altered state of things which prevail. It will be remembered that in the first great Competition all entrants were on an equal, but as this is obviously to the great disadvantage of those whose bodies are not fully developed, this time we shall give, each month, medals for two classes, full particulars being given in the conditions set out below.

Conditions of the Competition.

(1) The Competition will be for the purpose of encouraging physical culture amongst all classes.

(2) The judging will be from photographs (back and front if possible) and properly authenticated measurements on the coupon.

(3) A Gold Medal will be presented each month to the one who in the opinion of the judges, shows the best development and most symmetrical measurements amongst (a) those eighteen years of age or under, and (b) those over eighteen years of age.

(4) No photos will be returned unless a stamped addressed envelope is enclosed.

(5) The right is reserved to publish any of the photos submitted for competition

(6) **No winner in a previous competition is eligible.**

(7) The coupon on another page stands good until the last day of the month, and the awards will be announced in another issue.

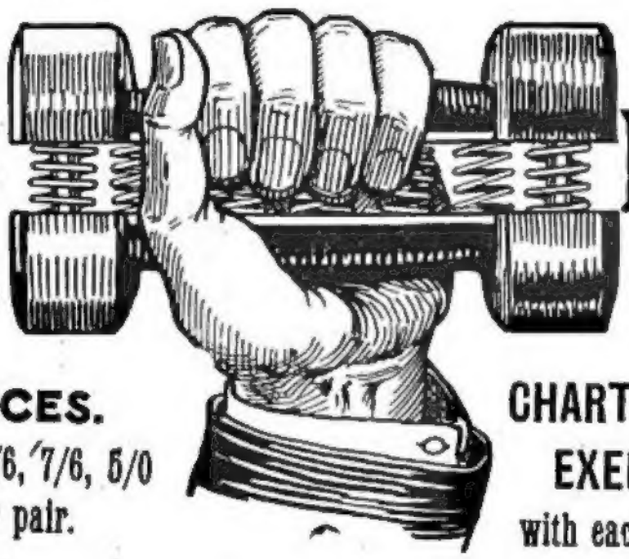
(8) Competitors from abroad will be entered in the month of receipt of Coupon providing it was sent during the month for which it is available.

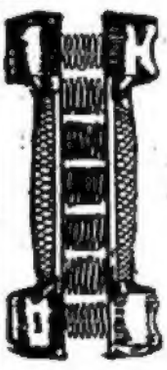
As a new generation, so to speak, of physical culturists has sprung up since the first competition, it will be interesting to compare the general physique then and now.

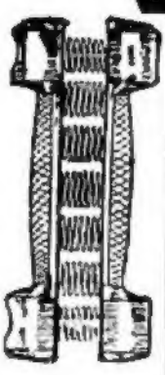
SANDOW'S SPRING GRIP DUMB BELLS

FOR MEN & BOYS.

FOR LADIES & GIRLS.







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12/6, 10/6, 7/6, 5/0 per pair.

CHART OF EXERCISES with each pair.

THIS APPLIANCE IS VERY SIMPLE, and cannot go out of order. It consists of a Dumb-bell made in two halves, separated about 1 inch from one another, the intervening space being occupied by small steel springs, which may be of any strength, and easily removable to vary the resistance.

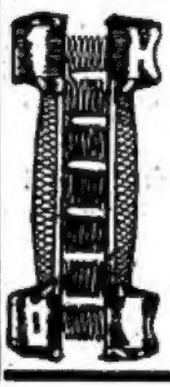
When exercising, the springs are compressed by gripping the Bells, and bringing the two halves close together, in which position they are kept until the exercise is over. They are suitable for all ages.

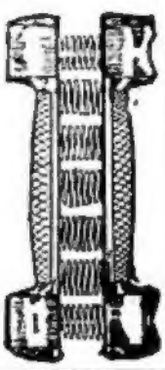
The pupil who possesses these Bells will find that instead of having to be continually buying heavier Dumb-bells, **One Pair will suffice him for all time.** All that it will be necessary for him to do will be to purchase, at a small expense, new springs from time to time. All pupils are advised to use the **"Grip" Dumb-Bell,** upon the merits of which I need not enlarge.

I have always taught that muscle is developed **by will-power,** not by mechanical movement, and the simple principle of this latest invention is, by calling forth a **continual Exercise of will-power, to obtain results impossible with any previous Dumb-Bell.**

Yours faithfully,

EUGEN SANDOW.





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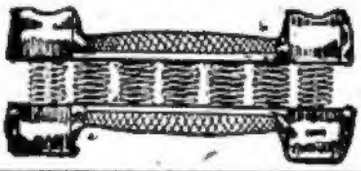

AMUSEMENTS.

THEATRES.

ADELPHI—At 8.30, "Dr Wake's Patient." Mat. Wed. at 2.30.

APOLLO—At 8-15, "Veronique." Mat. every Wed. at 2.

CAMDEN, N.W.—Every evening at 7-30, A First class Company. Mat., Wed. and Sat. at 2.

COMEDY.—Every evening at 8.30 "The Duffer.' Mat. Sat. at 2.30.

CRITERION—Every evening at 8.30, "The White Chrysanthemum." Mat. Sat. at 3.

DALY'S—Every evening at 8, "The Little Michus." Mat. Sat. at 2-30.

DRURY LANE—"The Prodigal Son" at 7.45. Mat. Wed. and Sat. at 2.

GARRICK—At 8-30, Mr. Arthur Bourchier and Miss Violet Vanbrugh in "The Walls of Jericho." Mat. Wed. and Sat. at 2-30.

GRAND, Islington—At 7-30. A West-End Company.

HAYMARKET THEATRE—At 9.10 "On the Love Path;" at 8.30, "A Privy Council." Mat. Wed. and Sat. at 2.30.

HIS MAJESTY'S—Mr. Tree—Every evening at 8, "Oliver Twist." Mat. Wed. at 2.30.

LYRIC—At 8.15, "The Blue Moon." Mat. Wed. at 2.15.

MARLBOROUGH, Holloway—At 7-30. A West-End Company.

NEW—At 8-15, "Leah Kleschna." Mat. Wed. at 2-30.

PRINCE OF WALES'—At 8-15, "Lady Madcap," a new musical play. Mat. Wed. at 2-15.

ST. JAMES'S—At 8.15, Mr. and Mrs. Kendal in "Dick Hope."

VAUDEVILLE—At 8-15. "The Catch of the Season." Mat. Wed. and Sat. at 2-15.

WYNDHAM'S—Every evening at 8-50, "What the Butler Saw;" at 8.20, Charles Bertram. Mat. Wed. and Sat. at 3-0.

VARIETY THEATRES.

ALHAMBRA—At 7-45, Grand Varieties. New Ballet Divertissement, "Entente Cordiale." Up-to-date Pictures on the Urban Bioscope. Manager, Mr. George Scott.

COLISEUM—Three performances daily, at 3, 6, and 9. Seats in all parts numbered and reserved. Prices from 2 guineas to 6d. Mr. Oswald Stoll, managing director.

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ENTERTAINMENTS, &c.

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can be positively cured by taking a course of Clarke's Blood Mixture, the World-Famed Blood Purifier. This famous medicine is warranted to cleanse the blood from all impurities, *from whatever cause arising.* Thousands of testimonials have been received from all parts of the world. A recent case is given below:—

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Dear Sirs.—After long suffering from eczema, being so bad I could not get on my feet for weeks, I was persuaded by my sons to try Clarke's Blood Mixture, which they purchased for me. I am so pleased to tell you the result. After taking several bottles I am able to walk out to work and home again at night in pleasure and comfort, although I am sixty-five years of age. I feel so grateful to you for my cure that I should like the public to know of it, and will answer any enquiries. Yours truly, CHARLES MORTOCK, Gazeley, Newmarket.

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